

SOMA Alchemy  
is the art of activating the  
body's own healing powers.

Our Soma is comprised of 5  
basic elements: earth  
(structure), water (fluids),  
fire (energy), air (life)  
& æther (consciousness).

Recharge your Soma during a  
single elemental session,  
choose a holistic SOMA Magic  
Massage or transform your  
body & soul with a 10-session  
SOMA Alchemy Series!



SOMA CLINIC & SPA

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## SHIRIN NIKPAY, SOMA ALCHEMIST



Shirin is a Health Professional from  
Germany. She holds a BSc degree in  
Psychology & an MSc in Medical  
Anthropology.

In addition to her academic education  
she is trained and work-experienced in  
the holistic modalities of GestaltTherapy,  
Somatic Experiencing®, SOMA  
Embodiment® & Breathwork as well as  
Osteopathy, CranioSacral Therapy, Deep  
Tissue & Lomi Lomi Massage.

## SOMA ALCHEMY



## MAGIC MESSAGE MENU

## ELEMENTS

ÆTHER



AIR



FIRE



WATER



EARTH



SOMA



MAGIC

## METHODS & EFFECTS

### CRANIOSACRAL THERAPY:

CranioSacral Therapy calms the nervous system with subtle meditative touch that creates a gentle body trance and a sense of floating in cosmic æther

### BREATHWORK:

Breathwork connects us with life, death and the mystery of non-duality. Conscious breath energises the body while focusing the mind, facilitated by sound and visualisation

### DEEP TISSUE:

Deep Tissue works on the myofascia and brings blocked energy in motion, releasing held trauma, pain and emotions using breath and voice

### HAWAIIAN LOMI LOMI MASSAGE:

Lomi Lomi Massage, the Hawaiian art of healing the body and nurturing the soul, creates an oceanic flow experience, resonating with the main element in our Soma: water

### STRUCTURAL OSTEOPATHY:

Structural Osteopathy mainly focuses on bringing bones and joints into optimal alignment, offering the Soma a sense of being centred and grounded

### SOMA ALCHEMY SERIES:

Create your personal SOMA MAGIC retreat with the Alchemy Series, combining all methods and activating the 5 elements in 10 Sessions over a 10-day to 3-month period

## PRICES

60 MIN - 80€

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120 MIN - 150€

60 MIN - 80€

10 SESSIONS - 880€